

Screening Recommendations

for WOMEN AGES 40-49



Healthy women, strong communities

Screening Suggestions to Help You Take Charge of Your Health

Cardiovascular Health

TEST	HOW OFTEN
Blood Pressure	Every two years
Cholesterol	Every five years, unless elevated
Diabetes (Fasting Blood Sugar)	Every three years, after age 45

Breast and Cervical Health

Breast Self Exam	Every month
Mammogram	Every year
Clinical Breast Exam	Every year
Pap Smear	Every year, until you've had three satisfactory tests, then at your health care provider's discretion
Pelvic Exam	Every year
Sexually Transmitted Diseases (STDs)	Whenever you engage in risky behavior
Follicle Stimulating Hormone	Onset of menopausal symptoms

Other Preventive Measures

Skin Self Exam	Every month
Clinical Skin Exam	Every three years
Eye Exam	At least once between puberty and age 40
Bone Density Test	Once, for screening purposes
Hepatitis B	Once, for at-risk individuals
Tetanus Booster	Every ten years

This information is intended for educational use only. The OWH recommends consulting your health care provider for more information.

Source: www.4woman.gov/screeningcharts/

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